

## WESTERN ROAD

<b>Roy Chapman Ltd</b>	Car Repair & Maintenance	22 Western Rd
<b>On the Limit</b>	Gym	44 Western Rd
<b>Watch Doctors</b>	Watch Repairs	52 Western Rd
<b>Nails 4 You</b>	Nail Salon	54 Western Rd
<b>Digital Services</b>	IT Support & Services	56 Western Rd
<b>Sons of Ink</b>	Tattoo Studio	58 Western Rd
<b>Canton City</b>	Chinese Takeaway	60 Western Rd
<b>Little Convenience Store</b>	Off Licence	62 Western Rd
<b>The KS Barber</b>	Barber Shop	66 Western Rd
<b>Atkin's Bakers</b>	Bakery	68 Western Rd
<b>Cara Beauty Holistics</b>	Beauty Salon	77 Western Rd
<b>The Anchor</b>	Pub	73 Western Rd

## MISWELL LANE

<b>The Old Stables</b>	Off License	2 Miswell Ln
<b>Village Wines</b>	Exquisite wines & liquor	8 Miswell Ln
<b>The Roadroom &amp; Mountain Mania Cycles</b>	Bike Shop	10 Miswell Ln
<b>Bhujon</b>	Indian & Bangladeshi Takeaway	12 Miswell Ln
<b>The Beauty Retreat Tring</b>	Beauty Salon	14 Miswell Ln
<b>Clips of Tring</b>	Hairdresser	16 Miswell Ln
<b>B Smart Dry Cleaners</b>	Dry Cleaner	18 Miswell Ln

## BROOK STREET

<b>The Robin Hood</b>	Pub	1 Brook St
<b>Jorden Elizabeth Tailoring</b>	Tailor	2 Brook St
<b>The Herts Aesthetics Clinic</b>	Skin Care Clinic	Marash House, Brook St
<b>Tring Market Auctions</b>	Auction House	Brook St

## SILK MILL BUSINESS PARK

<b>Loveleigh Aesthetics</b>	Beauty Salon	Unit 1
<b>The Pilates House</b>	Pilates Classes	Unit 2
<b>The Spectacle &amp; Sunglass Discount Store</b>	Eyewear	Unit 4
<b>Art-K</b>	Art Classes for Kids	Unit 5
<b>Lloyd Froud Master Goldsmith</b>	Jewellery Designer	Unit 6
<b>Tring Astronomy Centre</b>	Astronomy Centre	Unit 10
<b>Tring Martial Arts Academy</b>	Martial Arts School Studio	Unit 11
<b>Tringmotion</b>	E- Bike & Cycle Store	Unit 15
<b>The Spot by the Barber Envy</b>	Barbershop	Unit 24
<b>Tring Winery</b>	Wine Merchant	Unit 46
<b>Tring MOT &amp; Clutch Centre</b>	Car Repair & Inspection	Unit 48
<b>Physique Fitness</b>	Gym	Unit 50

## P.E. MEAD FARM

<b>P.E. Mead &amp; Sons</b>	Farm Shop & Tea Room	Lower Icknield Way, Wilstone, HP23 4NT
<b>Puddingstone Distillery</b>	Gin Distillery & Shop	Unit 1, Artisan Workshops Lower Icknield Way, Wilstone, HP23 4NT



We are a local charity that organises over 100 events every year to benefit residents, community groups, independent businesses and visitors alike. From running the town's main annual celebrations, to our award-winning networking group connecting small local business owners, it's our proud mission to keep Tring thriving.



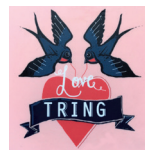
Located on the Old Market Place in Brook Street, the Farmers' Market takes place on the 2nd and 4th Saturdays in the month from 9am – 12.30pm. Our stallholders all come from the local area and grow, make, or produce everything they sell.



Visit Tring – Always Welcoming is our tagline and that is what Tring excels at, welcoming visitors to this fabulous market town and its glorious surrounding countryside. Check out our twitter account @VisitTring to find out what is happening in our beautiful part of the country.



Discover more about the history of Tring and take the Tring Heritage Trail! It is available both as a free app and leaflet. The app includes a wide range of exciting features for the whole family as you explore Tring; and the leaflet with map can be collected from the Local History Museum or the Information Centre.



@LoveTring is a vibrant Instagram account and Facebook group dedicated to celebrating Tring and its beloved High Street retailers from coffee shops to charity shops. They are the hard-working people that keep our High Street alive – day in and day out!



When something is broken, all too often, we throw it away, that's where the Repair Café comes in. It's a place where people can gather and fix those objects from everyday life that would otherwise end up in landfill. It's supported entirely by volunteers and takes place on the third Saturday of every month from 10.30am – 1pm at the High Street Baptist Church.



Leila Ward Art

Leila Ward is a Tring based artist who loves capturing the special little details in a scene. She paints originals, sells prints, and also takes commissions for paintings in watercolours and acrylics painting special people, places, and animals. She runs in-person and online art classes, believing that anyone can do art and enjoy the positive physical and mental health benefits it provides. You can find her on Instagram, Facebook, and YouTube at **Leila Ward Art**, and you can contact her at: [Leila\\_ward@msn.com](mailto:Leila_ward@msn.com)

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# Discover your local High Street Shop in Tring



Keep it Local ■ Shop Local ■ Love Tring Retail



## HIGH STREET

<b>Our Bookshop</b>	Book Shop	87 High St
<b>Save the Children</b>	Charity Shop	85 High St
<b>Emmaus Nineteen 49</b>	Charity Shop	81 High St
<b>Altered Image</b>	Hairdresser	77 High St
<b>Picture Box</b>	Framing & Art	73 High St
<b>One to One Hairdressing</b>	Hairdresser	73 High St
<b>Maggie J &amp; Co.</b>	Jewellery & Pop Up Shop	71 High St
<b>Storia</b>	Italian Restaurant	69 High St
<b>Fancy That</b>	Quality Gifts & Home Accessories	67 High St
<b>Market House</b>	Home Décor & Gifts	61 High St
<b>Tring Shoe Repair &amp; Key Shop</b>	Cobbler, Keys, Passport Photos	26 High St
<b>Barnets</b>	Barber Shop	25a High St
<b>LoveMaMaison</b>	Home Décor & Gifts	25 High St
<b>Almar</b>	Print, Stationery & Art Supplies	24 High St
<b>Barracuda</b>	Café & Restaurant	21 High St
<b>Post Office</b>	Royal Mail Post Office	19 High St
<b>House of Cards</b>	Cards & Gifts	18 High St
<b>Rennie Grove Hospice Care</b>	Charity Shop	16 High St
<b>Brian Clark</b>	Optician	110 High St
<b>Tring News</b>	Newsagent	100 High St
<b>Black Goo</b>	Coffee Shop	98 High St
<b>Magnolia of Tring</b>	Florist	92 High St
<b>Gosford Pets</b>	Dog Groomers & Pet Shop	90 High St
<b>Crocker's Tring</b>	Unique Dining	74 High St
<b>G. Grace &amp; Son</b>	Hardware	68 High St
<b>Loft 68 Vintage</b>	Vintage Shop	68 High St
<b>Lloyds</b>	Pharmacy	66 High St
<b>Craft Yard</b>	Craft Beer & Gin Bar	Parsonage Place
<b>P.A.M.S</b>	Sandwich Bar	64 High St
<b>Travel Impressions</b>	Travel Agent	Suite 4, George House 64 High St
<b>Costa</b>	Coffee Shop	42 High St
<b>Culture Bakery</b>	Bakery & Café	28 High St
<b>No.29</b>	Hair & Beauty Salon	29 High St
<b>Primo's</b>	Barbershop	30 High St
<b>Mc Coll's</b>	Newsagent	32 High St
<b>The Bell</b>	Pub	36-37 High St
<b>Nonna's Supper Club</b>	Italian Deli	38-39 High St
<b>Churchfield Floral Design</b>	Florist	Church Yard
<b>Mimi's Takeaway &amp; Bar</b>	Kitchen & Bar	50 High St
<b>Metcalfes</b>	Home Hardware	51-52 High St
<b>Healthfare</b>	Health Food Store	53 High St
<b>Francesco's</b>	Italian Restaurant	53a High St
<b>Pheriwala</b>	Indian Street Food	53a High St
<b>A &amp; J Hair</b>	Hairdresser	55 High St
<b>The Espresso Lounge</b>	Coffee Shop	56 High St
<b>Lolly and Mitch</b>	Fashion Boutique	57 High St
<b>Olive Limes</b>	Indian Restaurant	60 High St

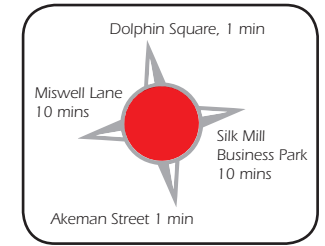
## FROGMORE STREET

<b>Chiltern Fireplaces</b>	Fireplaces	47 Frogmore St
<b>Da Vinci's</b>	Italian Restaurant	43 Frogmore St
<b>Ocean's Off License</b>	Off License	37 Frogmore St
<b>Ocean's Fish &amp; Chips</b>	Takeaway	38 Frogmore St
<b>Chick 'N' Grill</b>	Takeaway	39 Frogmore St

## DOLPHIN SQUARE

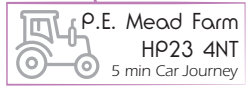
<b>The Barbershop Group</b>	Barber Shop	2 Dolphin Square
<b>Sandwich Plus</b>	Bakery & Deli	2a Dolphin Square
<b>Rooney's</b>	Pharmacy	4 Dolphin Square
<b>Simply the Best</b>	Dry Cleaner	5a Dolphin Square
<b>Waterton Butchers</b>	Butcher	5 Dolphin Square
<b>Marks &amp; Spencer</b>	Supermarket	8 Dolphin Square
<b>Specsavers</b>	Optician	8 Dolphin Square
<b>Belle &amp; Bay</b>	Hairdresser	14 Dolphin Square

Find your way around 



Miswell Lane

Western Road



Frogmore Street

Dolphin Square

High Street

Akeman Street

Silk Mill Business Park

Brook Street

Station Road

London Road



**Plus**  
Tring Farmers' Market  
every 2nd & 4th Saturday  
on Market Place

**Plus**  
Weekly Friday Markets  
on Church Square and  
in the High Street

**LONDON ROAD**  
Dunsley Farm Shop  
Tring Brewery  
Tesco

Farm Shop	London Rd
Brewery & Shop	London Rd
Supermarket	London Rd

**AKEMAN STREET**  
China Town  
The Akeman  
Polikai Fish & Chips  
Mighty Bite  
Elementary Skin & Body

Chinese Takeaway	2 Akeman St
Restaurant	9 Akeman St
Takeaway	12 Akeman St
Takeaway	97 Akeman St
Beauty Salon	64-66 Akeman St

